

Research Article

“Pattern of Behavioural Problems in Children Attending Pediatric OPD in Tertiary Care Hospital, Rajshahi, Bangladesh”

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Received: 05.02.2021

Accepted: 18.02.2021

Published: 23.02.2021

Journal homepage:<https://www.easpublisher.com>**Quick Response Code**

Abstract: Introduction: Behavioural and psychological problems are one of the common problems in children attending Pediatric outpatient department. Identification of behavioural and psychological problems is most important not only to prevent further progression of illness but also for proper growth and development of the child. **Objective:** Aim of this study is to determine the proportion of various behavioural and psychological problems in children of age 6 to 12 years. **Material & methods:** The study was conducted for a period of 3 months in 2018. Study was done on 500 children of 6-12 years attending Pediatric outpatient department Rajshahi Medical College Hospital and some Private Hospitals Rajshahi, Bangladesh. Children were screened using child behaviour check list (CBCL). Patients who were positive for behavioural problems in CBCL were assessed with DSM V criteria for any psychiatric illness. **Results:** In our study, we found that 7% children had behavioural and psychological problems. Enuresis was a very common problem in children between 6 to 12 years of age. 11 children (2.2%) had enuresis. Another common psychological problem found in our study was PICA. 1.8% children had PICA. **Conclusion:** Identification of behavioural and psychological disorders is most important so that preventive and treatment strategies can be planned at the earliest to prevent psychiatric morbidity in later life.

Keywords: Children Attending Pediatric OPD Behavioural, Psychological Problems, CBCL.

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INTRODUCTION

Behavioural and psychological problems are one of the common problems in children attending pediatric opd. Behavioral problems in children are one of the most common and rising problems in Bangladesh. These problems are a cause of concern as they are often less addressed leading to impairment in child's development. Nearly 40-50% of these problems can persist and develop into childhood mental health problems. Some of these children may develop depression, substance abuse, bipolar mood disorders, antisocial personality disorders and other various psychiatric issues [1] Still large number of cases remains unreported [2]. Identification of behavioural and psychological problems is most important not only to prevent further progression of illness but also for proper growth and development of the child. Purpose of this study is identification and evaluation of various behavioural problems in children of age 6 to 12 years. The studies of behavioral problems in children would give us data for mental health planning for children. We should identify children at risk and preventive intervention should be made at the earliest. Only then

we can prevent the chances of problem behaviors developing into a disorder in later life.

MATERIAL & METHODS

The study was conducted for a period of 3 months in 2018. Study was done on 500 children of 6-12 years attending Pediatric outpatient department in Rajshahi Medical College Hospital and some Private Hospitals Rajshahi, Bangladesh. Written informed consent was taken from parents of children participating in the study. Children having severe medical illness were excluded from the study. Children were screened using child behaviour check list (CBCL). Socio-demographic variables and Family history of psychiatric illness were recorded in the proforma. Patients who were positive for behavioural problems in CBCL were assessed with DSM V criteria for any psychiatric illness [3]. Statistical analysis was done using the SPSS software.

RESULTS

In our study, we found that 7% children had behavioural and psychological problems. Enuresis was a very common problem in children between 6 to 12

years of age.11 children (2.2%) had enuresis. Another common psychological problem found in our study was PICA. 1.8% children had PICA.

Table-I: Prevalence of Psychiatric disorders in the study population

No disorder	465(93%)
ADHD	7(1.4%)
ASD	2(0.4%)
MR	5(1%)
PICA	9(1.8%)
ENURESIS	11(2.2%)
TIC DISORDER	1(0.2%)

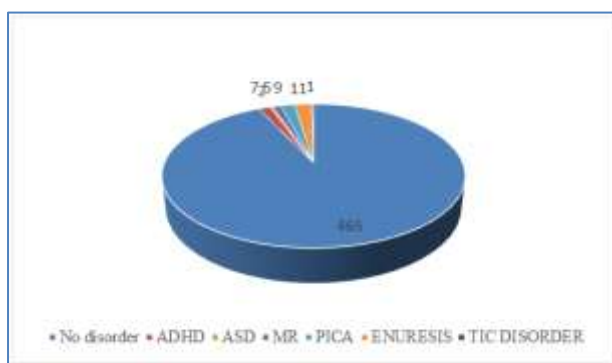


Fig-1: Prevalence of Psychiatric disorders in the study population

DISCUSSION

In our study, we found that 7% children had behavioural and psychological problems. Enuresis was a very common problem in children between 6 to 12 years of age.11 children (2.2%) had enuresis. Our findings are similar to the study done in school children in Chandigarh by Malhotra *et al.* [4]. In their study, 6.33% children were found to have psychiatric disorders and most prevalent disorder was enuresis. In our study also the most common problem was enuresis. Another common psychological problem found in our study was PICA. 1.8% children had PICA. This replicates the finding of study done by Srinath *et al.* [5] where they found 2 % children had PICA. The low percentage of autistic spectrum disorder (0.4%) in our study was also found in other studies in Bangladesh [6, 8]. As this is a cross sectional study it should be followed up by longitudinal study to find out the course and pattern of their disorder. Moreover, other socio-demographic entities should be searched for and compared to find out any possible association. Also it should be noted that results from this study only describe children who presented to pediatric outpatient department and may not be applicable to

children from institutions like psychiatric hospitals, juvenile justice centers and community.

There is need to raise public awareness about the prevalence of these often "hidden" emotional disorders in Indian children Identifying the children with behavioral problem in young age and treating them would go a long way in preventing psychiatric morbidity in later life.

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CONCLUSION

Childhood behavioural problems have a significant negative impact on the individual, family and society. Behavioural and psychological problems are rising in our country so identification of these disorders is most important so that preventive and treatment strategies can be planned at the earliest to prevent psychiatric morbidity in later life.

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Cite This Article: Rahnuma Shirin & Ahmed Masiha Jamil (2021). "Pattern of Behavioural Problems in Children Attending Pediatric OPD in Tertiary Care Hospital, Rajshahi, Bangladesh". *East African Scholars J Med Sci*, 4(2), 47-49.